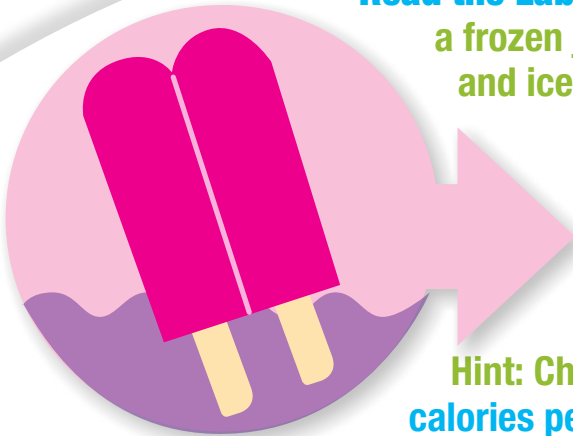


# READ THE LABEL ON SNACKS

Do you love  
frozen sweets?  
Before you eat,  
get the inside  
scoop!

Read the Label to compare  
a frozen juice pop  
and ice cream!



Hint: Check out  
calories per serving!

## Fruit Juice Popsicle

### Nutrition Facts

Serving Size 1 bar (66ml)  
Servings Per Container 4

#### Amount Per Serving

**Calories** 60      Calories from Fat 0

#### % Daily Value\*

**Total Fat** 0g      **0%**  
Saturated Fat 0g      **0%**  
Trans Fat 0g  
**Cholesterol** 0mg      **0%**  
**Sodium** 0mg      **0%**  
**Total Carbohydrate** 15g      **5%**  
Dietary Fiber 0g      **0%**  
Sugars 14g

**Protein** 0g

Vitamin A 0%      •      Vitamin C 100%  
Calcium 0%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on  
your calorie needs:

### Nutrition Facts

Serving Size 1/2 Cup (65g)  
Servings Per Container 18

#### Amount Per Serving

**Calories** 150      Calories from Fat 90

#### % Daily Value\*

**Total Fat** 10g      **15%**  
Saturated Fat 6g      **30%**  
Trans Fat 0g  
**Cholesterol** 35mg      **12%**  
**Sodium** 30mg      **1%**  
**Total Carbohydrate** 14g      **5%**  
Dietary Fiber 0g      **0%**  
Sugars 11g

**Protein** 2g

Vitamin A 8%      •      Vitamin C 0%  
Calcium 6%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on  
your calorie needs:

## Ice Cream

## Have fun with Friends

Read the Label for serving size! When  
sharing snacks with your friends, invite them  
guess the "servings per container" *before*  
giving them any. Wait 'til you see their surprise  
when you measure out the *actual* serving size!

### Nutrition Facts

**Read the Label**

When choosing milk and milk products, go for  
**low-fat** (1%) or **fat-free** (skim) milk, yogurt or cheese.  
**Remember:** 100 calories per serving is moderate, and  
400 per serving is high!



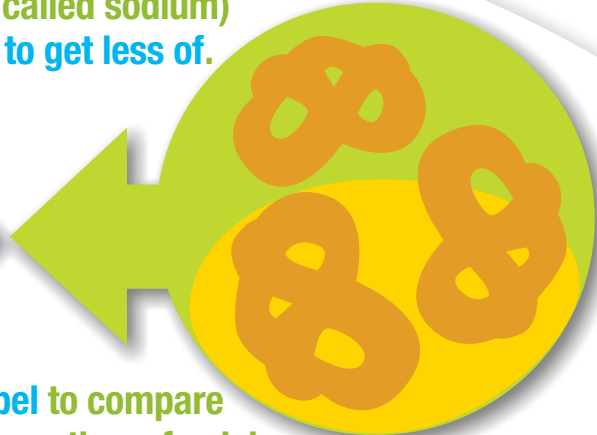
[www.fda.gov/nutritioneducation](http://www.fda.gov/nutritioneducation)

Fruit Juice Popsicle = 60 calories per serving (1 bar); Ice Cream = 150 calories per 1/2 cup serving.

# READ THE LABEL ON SNACKS

The Nutrition Facts Label can help you make the best choice when exploring your options!

Salty snacks can be yummy — but salt (also called sodium) is a nutrient to get less of.



Read the Label to compare %DV of sodium on these foods!

## Microwave Popcorn

| Nutrition Facts                                       |                      |
|---|----------------------|
| Serving Size 4 cups (30g)<br>Servings Per Container 1 |                      |
| Amount Per Serving                                    |                      |
| <b>Calories</b> 150                                   | Calories from Fat 90 |
| % Daily Value*  |                      |
| <b>Total Fat</b> 10g                                  | <b>15%</b>           |
| Saturated Fat 2.5g                                    | <b>13%</b>           |
| Trans Fat 2g  |                      |
| <b>Cholesterol</b> 0mg                                | <b>0%</b>            |
| <b>Sodium</b> 280mg                                   | <b>12%</b>           |
| <b>Total Carbohydrate</b> 16g                         | <b>5%</b>            |
| Dietary Fiber 3g                                      | <b>12%</b>           |
| Sugars 0g   |                      |
| <b>Protein</b> 3g                                     |                      |
| Vitamin A 0%  | Vitamin C 0%         |
| Calcium 0%  | Iron 2%              |

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

## Pretzels (Low Salt)

| Nutrition Facts  |                      |
|--|----------------------|
| Serving Size 3 pretzels (30g)<br>Servings Per Container 13 |                      |
| Amount Per Serving   |                      |
| <b>Calories</b> 120  | Calories from Fat 10 |
| % Daily Value*   |                      |
| <b>Total Fat</b> 1g  | <b>2%</b>            |
| Saturated Fat 0g   | <b>0%</b>            |
| Trans Fat 0g   |                      |
| <b>Cholesterol</b> 0mg                                     | <b>0%</b>            |
| <b>Sodium</b> 120mg  | <b>5%</b>            |
| <b>Total Carbohydrate</b> 24g                              | <b>8%</b>            |
| Dietary Fiber 1g   | <b>4%</b>            |
| Sugars 1g  |                      |
| <b>Protein</b> 3g  |                      |
| Vitamin A 0%   | Vitamin C 0%         |
| Calcium 0%   | Iron 0%              |

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

## Have fun with Friends

Making smart snack choices is like choosing a “favorite” activity. There are many things to consider! So when you and your friends are picking afterschool snacks, remember to **Read the Label** and compare nutrients in foods by checking out the Percent Daily Value (%DV). Go for those lower in sodium and fat, and higher in calcium and dietary fiber!

**Nutrition Facts**  
**Read the Label**

When choosing snacks or other foods that contain sodium (a nutrient to get less of), go for **Low-sodium** or **Low-salt**. **Remember:** 5% DV of a nutrient is low; 20% is high.

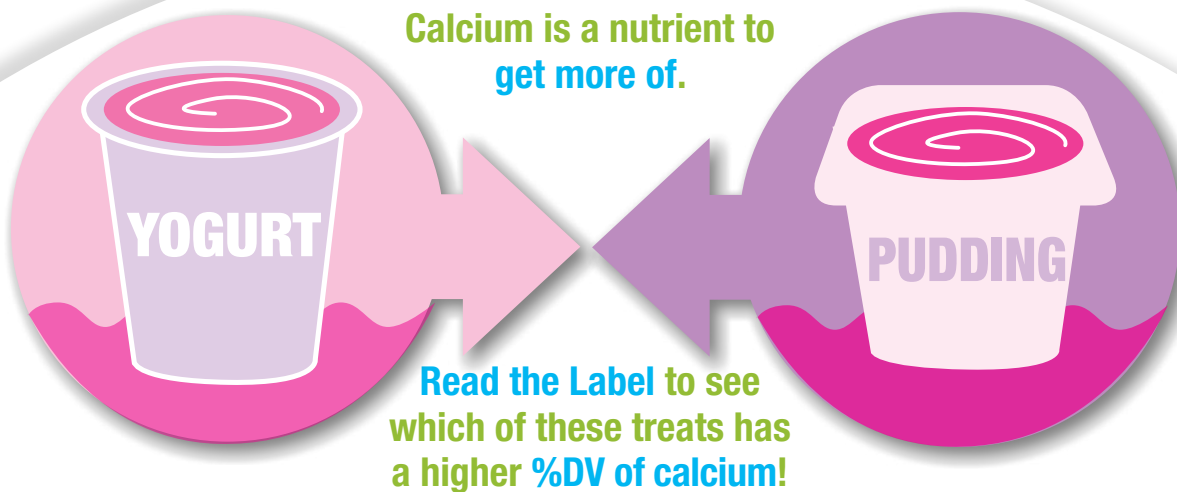
Microwave Popcorn = 280mg/12% DV of Sodium; (Low Salt) Pretzels = 120mg/5% DV of Sodium.



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# READ THE LABEL ON SNACKS

Both of these  
are packed with  
strawberry flavor —  
but the label reveals  
how different they  
actually are!



Strawberry  
Yogurt

| Nutrition Facts               |                      |
|-------------------------------|----------------------|
| Serving Size 1 cup (6 oz)     |                      |
| Servings Per Container 1      |                      |
| Amount Per Serving            |                      |
| <b>Calories</b> 120           | Calories from Fat 10 |
| % Daily Value*                |                      |
| <b>Total Fat</b> 1.5g         | <b>2%</b>            |
| Saturated Fat 1g              | <b>5%</b>            |
| Trans Fat 0g                  |                      |
| <b>Cholesterol</b> 5mg        | <b>2%</b>            |
| <b>Sodium</b> 125mg           | <b>5%</b>            |
| <b>Total Carbohydrate</b> 21g | <b>7%</b>            |
| Dietary Fiber 1g              | <b>4%</b>            |
| Sugars 21g                    |                      |
| <b>Protein</b> 6g             |                      |
| Vitamin A 2%                  | Vitamin C 0%         |
| Calcium 25%                   | Iron 0%              |

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs:

| Nutrition Facts               |                      |
|-------------------------------|----------------------|
| Serving Size 1 pudding (113g) |                      |
| Servings Per Container 1      |                      |
| Amount Per Serving            |                      |
| <b>Calories</b> 130           | Calories from Fat 25 |
| % Daily Value*                |                      |
| <b>Total Fat</b> 3g           | <b>5%</b>            |
| Saturated Fat 2g              | <b>10%</b>           |
| Trans Fat 0g                  |                      |
| <b>Cholesterol</b> 5mg        | <b>2%</b>            |
| <b>Sodium</b> 85mg            | <b>4%</b>            |
| <b>Total Carbohydrate</b> 25g | <b>8%</b>            |
| Dietary Fiber 0g              | <b>0%</b>            |
| Sugars 20g                    |                      |
| <b>Protein</b> 2g             |                      |
| Vitamin A 4%                  | Vitamin C 0%         |
| Calcium 6%                    | Iron 0%              |

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs:

Strawberry  
Pudding

Strawberry Yogurt = 25% DV of Calcium; Strawberry Pudding = 6% DV of Calcium.

## Have fun with Friends

Frozen treats can be irresistible — but sometimes they can have “empty calories” (which means they can be low in nutritional value). Challenge your friends to choose those that are most nutrient-dense: **Read the Label** to find frozen treats that have fewer calories from fat and are higher in protein!

**Nutrition Facts**  
**Read the Label**

When choosing milk and milk products, go for **low-fat** (1%) or **fat-free** (skim) milk, yogurt or cheese.  
**Remember:** 5% DV of a nutrient is low; 20% is high.

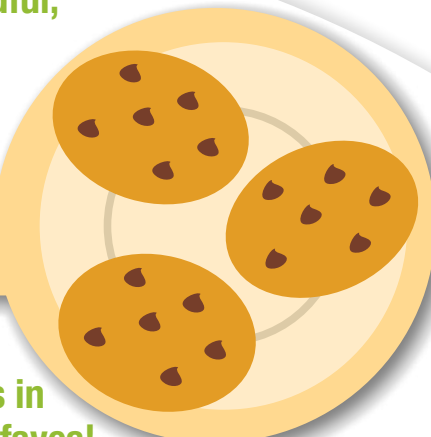
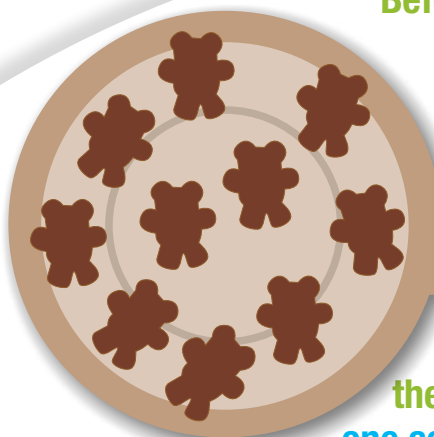


[www.fda.gov/nutritioneducation](http://www.fda.gov/nutritioneducation)

# READ THE LABEL ON SNACKS

Cookies rock.  
But did you know ...  
not all cookies are  
created equal!

Before you grab a handful,  
Read the Label.



Compare  
the number of cookies in  
one serving of these two faves!

## Chocolate Graham Cookies

### Nutrition Facts

Serving Size 24 cookies (30g)  
Servings Per Container 7

#### Amount Per Serving

**Calories** 140      Calories from Fat 40

**% Daily Value\***

**Total Fat** 4.5g      **7%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 125mg      **5%**

**Total Carbohydrate** 22g      **7%**

Dietary Fiber 1g      **2%**

Sugars 8g

**Protein** 2g

Vitamin A 0%      •      Vitamin C 0%

Calcium 20%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on  
your calorie needs:

### Nutrition Facts

Serving Size 3 cookies (36g)  
Servings Per Container 18

#### Amount Per Serving

**Calories** 170      Calories from Fat 70

**% Daily Value\***

**Total Fat** 8g      **12%**

Saturated Fat 2.5g      **12%**

Trans Fat 1.5g

**Cholesterol** 5mg      **0%**

**Sodium** 125mg      **5%**

**Total Carbohydrate** 23g      **8%**

Dietary Fiber 1g      **0%**

Sugars 14g

**Protein** 1g

Vitamin A 0%      •      Vitamin C 0%

Calcium 0%      •      Iron 4%

Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on  
your calorie needs:

## Chocolate Chip Cookies

**Remember:** Check serving size. One package  
may contain more than one serving!

## Have fun with Friends

Create a cookie patrol squad! Use the  
**Nutrition Facts Label** to compare the differences  
between your after-school favorites. Look for options with  
lower cholesterol, lower total fat, and fewer calories from fat!

### Nutrition Facts

**Read the Label**



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Chocolate Graham Cookies = 24 cookies per serving; Chocolate Chip Cookies = 3 cookies per serving.